



My sister's family loves this chicken and can't get enough of its juicy, tender goodness! We think you'll love it too. Plan ahead so you can allow the chicken to marinate for at least 8 hours. Take it along on a picnic... just cool slightly and wrap each piece in foil to keep it hot. It's also great served sliced with homemade salsa! While it bakes you have just the right amount of time to make one or two side dishes.



Serves 4

Heidi's Oven Fried Chicken

4 boneless, skinless chicken breasts
2 medium eggs
3 tsp. crushed garlic
 $\frac{1}{2}$ tsp. salt
Freshly ground black pepper to taste

3 Tbs. butter
3 Tbs. olive oil

$\frac{1}{2}$ c. almond flour (ground almonds)
 $\frac{1}{2}$ c. finely chopped almonds
 $\frac{1}{4}$ c. freshly grated Parmesan cheese
3 Tbs. finely chopped parsley
 $\frac{1}{2}$ tsp. salt
Freshly ground black pepper

The night before or that morning, place chicken in a zip-top bag. In a small bowl thoroughly combine eggs, garlic, salt (if using) and pepper with a fork. Pour into bag, seal and press so that chicken is completely covered with egg mixture. Refrigerate.

In a pan large enough to hold all the chicken in a single layer, place butter and oil. Put pan inside oven while oven preheats to 350 degrees, so oil becomes very hot. While oven is heating, combine almond flour, almonds, Parmesan cheese, parsley, salt and pepper in a plate or pie pan.

Lay a few paper towels out on the counter. Remove chicken from zip-top bag and place one at a time in almond mixture, patting carefully to cover all over with almond mixture, trying not to remove the egg and garlic that is on the chicken. Dredge all chicken, covering thickly, and place on paper towels until all are done. Remove pan from oven and put chicken pieces into hot oil-butter mixture. Bake at 350 degrees on the top rack of the oven for 20 minutes. Turn pieces with tongs and bake for another 20 minutes. Spoon off grease and bake for another 5 minutes or until chicken is no longer pink in the center and juices run clear.

